

FORGING THE FUTURE:



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<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

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25 January 2002

"Leadership, Partnership, and Championship"

Crews Into Shape

We are offering the challenge again this year! For those of you who did not participate last year, Crews Into Shape is a 4-week challenge or contest that brings individuals together in a team approach to wellness. If you want to improve your health, nutrition, energy level, readiness, weight, exercise routine, and/or reduce your stress, then here is how to participate:

- *Find 4 to 10 team members
- *Pick a leader and team name
- *Challenge others at your command to use March, Nutrition Month to "Crews Into Shape".

Points are earned for the following:

- *Exercising
- *Maintaining or achieving a weight goal
- *Eating a combination of 5 or more fruits and vegetables daily
- *Drinking water daily

The Top 4 groups will be given awards. All members completing the challenge will be given certificates.

CHALLENGE RUNS FROM MARCH 4 TO 31st, 2002 Form groups now and get details and paper work from our NEHC Website Nutrition page <http://www-nehc.med.navy.mil/hp/nutrit/995aday/index.htm>. Contact Lori Tubbs at tubbsl@nehc.med.navy.mil or Lynn Kistler at kistlerl@nehc.med.navy.mil to sign up. There are some pre-contest requirements that need to be completed before the contest begins, so start cruising now!



Tobacco Training Survey



The DoD and VA provided VTC training on Tobacco Cessation in Primary Care in September, 2001. AMEDD has developed a 5 minute survey of participants to ascertain the impact of the training and the impact the introduction of the DoD Tobacco Use Cessation Tool Kit upon clinical practices. Please encourage participants to complete the on-line survey at: <http://chppm-www.apgea.army.mil/dcpm/survey/tobacco>

National Alcohol Screening Day

The fourth annual National Alcohol Screening Day will be held on April 11, 2002! The goals are to increase awareness of alcohol problems, identify individuals with alcohol problems, and refer to support and treatment. To register or to obtain information call (781)239-0071.

March is National Nutrition Month

After a thorough inventory and in preparation for our big move next month, there are table tents and nutrition posters in need of a good home. Contact Lori Tubbs, Nutrition Program Manager at DSN 253-5585 or tubbsl@nehc.med.navy.mil if you are interested in adopting any of these valuable resources.

BUMED Message Released Announcing West Coast HP Director Course

We are now accepting quotas for the next scheduled Health Promotion Director Course, 29 April-3 May 2002 at Club Coronado in San Diego, CA. Look for the official BUMED message with the date/time group R 141518Z JAN 02 for details regarding the course and the procedure for applying for a quota. The message is also posted on our NEHC Health Promotion homepage, under Training & Conferences. The course is open to Active-duty E-7 and above, and DoD civilian staff, GS-9 and above. The deadline for submitting a request for a quota is 8 March 2002.



NHRC has developed a variety of Lesson Topic Guides for the Semper Fit Program. Go to <http://www.usmc-mccs.org/SemperFit/fithlth/lessonplans.htm>



The way to succeed is to double your failure rate!
-Tom Watson